



## Child and Family Service's Wellness Incentive

Employees who complete both the Annual Well Visit (50 points), Preventive Service (50 points), a FitWorks Interactive Video on Sleep Health (25 points) PLUS any of the additional challenges (must add up to 25 points) to earn a total of 150 points by September 30, 2023, will receive a wellness incentive at the end of December 2023.

### Dates to remember

- Program Runs: January 1, 2023-September 30, 2023
- Claims-Verified Challenges: October 1, 2022 – September 30, 2023
- Points Must Be Earned By: September 30, 2023
- Incentives Awarded and FitWorks Site Refreshed: January 2024

\*Employees who opt-out of Child and Family Service's medical insurance through Independent Health can still participate in FitWorks! For each claims-verified challenge you complete, please submit an Explanation of Benefits (EOB) from your insurance carrier or a physician's note to the Independent Health, Health and Wellness Program Manager at [Lauren.Dlugosz@independenthealth.com](mailto:Lauren.Dlugosz@independenthealth.com)



## Challenges

### Required Challenges include:

- Annual Well Visit\*- 50 FitWorks Points
- Preventive Service\*-50 FitWorks Points
- Sleep Health FitWorks Interactive Videos- 25 FitWorks Points

\*Claims verified

### Additional Challenges Include:

- FitWorks Well-Being Assessment- 25 FitWorks Points
- Sweat for a Cause- 25 FitWorks Points
- Dental Exam- 25 FitWorks Points
- Vision Exam- 25 FitWorks Points

All other FitWorks challenges can be viewed after logging into the FitWorks site

## Eligibility

All insured associates are eligible to participate in this voluntary wellness program.

## How do I join FitWorks?

Go to [cfsfitworks.limeade.com](https://cfsfitworks.limeade.com) and click on Get Started.

You will need your:

- Active and valid email address
- Independent Health insurance member ID number (including suffix)\*\*
- Last name
- Date of birth

Follow the prompts to create your sign in name and password, then read and accept the notice regarding your wellness program.

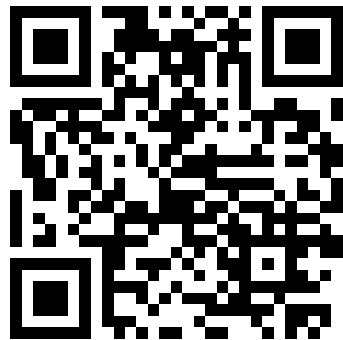
*\*\*If you opt-out of, **Child and Family Service's** insurance, to set up your account, you can create an ID number by using the first letter of your last name followed by your five-digit of your social security number.*

## Questions?

If you have questions while using FitWorks, please contact Lauren Dlugosz, Independent Health, Health and Wellness Program Manager at [Lauren.Dlugosz@independenthealth.com](mailto:Lauren.Dlugosz@independenthealth.com)



Get healthy and earn points  
toward your wellness incentive



Join FitWorks<sup>®</sup> Prime today at  
[cfsfitworks.limeade.com](https://cfsfitworks.limeade.com)

Use employer code: CFSSGFS

